

Modern Army Combatives Program

Basic Combatives Course (Level I)

Technical Evaluation

Instructor will chose 10 of 27 major tasks 5 from stand up and 5 from the ground. Students must pass 4 from both the stand up and ground techniques to graduate.

Stand up

1. Grappling over weapons – Must pass 6 of 7 minor tasks.

- ☐ Attempt to keep enemy at range with a muzzle strike (*must pass all points of performance*)
 - Bring rifle off shoulder
 - turn to side to clear magazine from equipment
 - Strike enemy in chest, neck, or face – do not push
- ☐ Enemy grabs weapon, push weapon down to commit enemy's hands to weapon and clear enemy's hands from protecting the face
- ☐ Deliver blunt force trauma (Head butts, palm strikes, elbow strikes, knee strikes) until enemy becomes weakened, stunned, or incapacitated.
- ☐ Clear primary weapon with a push kick – or – (*must pass all points of performance*)
 - Bring dominate foot up and turn toe to face out
 - Place foot on enemy's hip or upper thigh
 - Push enemy away
 - Engage enemy with rifle
- ☐ Clear primary weapon with tug of war (*must pass all points of performance*)
 - Take a step to the rear with dominate foot
 - Turn weapon to side to clear magazine from equipment
 - Engage enemy with rifle
- ☐ Engage enemy with primary weapon – OPTION 1
- ☐ If weapon becomes entangled or cannot get clear, use secondary weapon – OPTION 2 (combat knife or pistol). - (*must pass all points of performance*)
 - Combat knife, stab in belly not through ribs
 - Pistol, turn to side to clear action

2. Post (option 1,2,3) - Must pass all minor tasks

- ☐ Feet more than shoulder width apart
- ☐ Hips turned so secondary weapon is away from enemy
- ☐ Rifle up and away from enemy, still aim weapon at the enemy
- ☐ Chin tucked – use ACH to deflect strikes and protect face
- ☐ Palm flat
- ☐ Option 1 - Push enemy off and engage with primary weapon (rifle)
- ☐ Option 2 (*must pass all points of performance*)
 - Deliver blunt force trauma to weaken, stun, or incapacitate enemy
 - Employ secondary weapon (combat knife or pistol)
 - Combat knife, stab in belly not through ribs
 - Pistol, turn to side to clear action
- ☐ Option 3 (*must pass all points of performance*)
 - Close the distance
 - Control arms (King Louie)
 - Achieve a clinch – Double under hooks, modified seatbelt, rear clinch

3. Frame (option 1,2,3) - Must pass all minor tasks (version 1 & 2)

- ☐ Version 1 (*must pass all points of performance*)
 - Feet more than shoulder width apart
 - Hips turned so secondary weapon is away from the enemy
 - Rifle up and away from enemy, still aim weapon at the enemy
 - Chin tucked
 - Forearm outside 90 degrees with fingers extended
 - Forearm flat across enemy's chest
- ☐ Version 2 (*must pass all points of performance*)
 - Feet more than shoulder width apart
 - Hips turned so secondary weapon is away from the enemy
 - Rifle up and away from enemy, still aim weapon at the enemy
 - Chin tucked
 - Elbow in center of enemies chest, forearm across enemies collarbone, with hand cupping the back of the head on the knowledge knot
- ☐ Option 1 - Push enemy off and engage with primary weapon (rifle)
- ☐ Option 2 (*must pass all points of performance*)
 - Deliver blunt force trauma to weaken, stun, or incapacitate enemy
 - Employ secondary weapon (combat knife or pistol)
 - Combat knife, stab in belly not through ribs
 - Pistol, turn to side to clear action
- ☐ Option 3 (*must pass all points of performance*)
 - Close the distance
 - Control arms (King Louie)
 - Achieve a clinch – Double under hooks, modified seatbelt, rear clinch

4. Hook (option 1,2,3) - Must pass all minor tasks

- ☐ Non-firing arm underneath enemies arm with the hand cupping the shoulder
- ☐ Forehead pushing into the enemies chin, pushing the head away
- ☐ Version 1 - Legs straddling enemies closest leg
- ☐ Version 2 - Enemy straddling soldiers lead leg, Soldier can drive enemy into wall
- ☐ Option 1 - Push enemy off and engage with primary weapon (rifle)
- ☐ Option 2 (*must pass all points of performance*)
 - Deliver blunt force trauma to weaken, stun, or incapacitate enemy
 - Employ secondary weapon (combat knife or pistol)
 - Combat knife, stab in belly not through ribs
 - Pistol, turn to side to clear action
- ☐ Option 3 (*must pass all points of performance*)
 - Achieve a clinch – Double under hooks, modified seatbelt, rear clinch

5. Outside to inside wedge - Must pass 6 of 7 minor tasks.

- ☐ Grasp both of your opponent's biceps,
- ☐ Place your hips under them (Hips in)
- ☐ Straighten his arms by pushing them upward.
- ☐ Turn hips and force one shoulder past enemy's forearm
- ☐ Swim same side arm through enemy's inside control, place on knowledge knot and begin to pull enemy's head down
- ☐ Turn hips opposite direction, changing stance, and repeat process to swim other arm to inside control
- ☐ Assume proper inside control (*must pass all points of performance*)
 - Tuck your elbows in to control the range.
 - Place one hand on top of the other, both pulling your opponent's neck downward.

6. Counter to inside control - Must pass all minor tasks

- ☐ Extend one arm over your opponent's arms and across his neck. Keep your opponent away by pressing against his neck.
- ☐ Reach your other arm under your opponent's arms and across your waist to block knee strikes.

7. Knee strikes (round, up, long) - Must pass all minor tasks

- ☐ Round Knee (*must pass all points of performance*)
 - Begin in Inside Control.
 - Lift your knee at a 90-degree angle from your opponent.
 - Strike his thigh or ribs with the inside of your knee.
- ☐ Up Knee (*must pass all points of performance*)
 - Begin in Inside Control.
 - Pull your opponent's head toward your knee.
 - Drive the top of your knee into his chest or head.
- ☐ Long Knee (*must pass all points of performance*)
 - Begin in Inside Control.
 - Pull opponent toward you, while driving your knee into his body and thrusting forward with your hips.

8. Knee strike counters - Must pass all minor tasks

- ☐ Hip check (*must pass all points of performance*)
 - Begin in Neck and Biceps
 - Keep a good posture (hips in, head up)
 - Move your hip inside of the strike.
 - Soldier's hip will meet the enemy's strike on enemy's thigh
- ☐ Pull toward the knee (*must pass all points of performance*)
 - Begin in Neck and Biceps
 - Keep a good posture (hips in, head up)
 - Enemy picks up his leg to attempt a knee strike
 - Pull enemy toward the leg he is attempting to strike with
- ☐ Pull away from the knee (*must pass all points of performance*)
 - Begin in Neck and Biceps
 - Keep a good posture (hips in, head up)
 - Enemy picks up his leg to attempt a knee strike
 - Pull enemy away from the leg he is attempting to strike with

9. Pull towards the knee hook the foot - Must pass all minor tasks

- ☐ Begin in Neck and Biceps
- ☐ Keep a good posture (hips in, head up)
- ☐ Stop your opponent's attempted knee strike by pulling toward his knee.
- ☐ Sweep your opponent's posted leg with the back of your calf just as his other leg touches the ground

10. Pull away from the knee inside foot sweep - Must pass all minor tasks

- ☐ Begin in Neck and Biceps
- ☐ Keep a good posture (hips in, head up)
- ☐ Stop your opponent's attempted knee strike by pulling away from his knee.
- ☐ Step through the space between you and the opponent.
- ☐ Execute a sweep with your opposite-side foot.

11. Front take down to the mount - Must pass all minor tasks

- ☐ Start in modified Seatbelt
- ☐ Release the grip on the elbow and grasp hands behind his hip
- ☐ Step slightly to his front
- ☐ Pull with the hands and push with head to push him over backwards
- ☐ Release the grip as he falls and step over to the mount

12. Rear take down - Must pass all minor tasks

- ☐ Head in opponent's lower back
- ☐ Trap opponent's far foot
- ☐ Sit down while maintaining hold on opponent
- ☐ Release grip as opponent falls and step over into mount

13. Guillotine choke - Must pass 7 of 8 minor tasks.

- ☐ The opponent attempts a traditional double leg takedown
- ☐ Sprawl slightly so that his head is in your armpit
- ☐ Reach around under his chin
- ☐ Without going around his arm grasp the hand of the first arm with the second
- ☐ Both palms should be facing you
- ☐ Pull up to tighten the choke
- ☐ Sit down to place the enemy in the guard
- ☐ Finish the choke by pulling with the arms and pushing with the legs

14. Close the Distance and Achieve the Clinch (Option III) - Must pass 7 of 8 minor tasks.

- ☐ Start from a fighting stance outside of kicking range
- ☐ Tuck in your chin and use the arms to cover the vital points of the head
- ☐ Aggressively close the distance
- ☐ Head goes to the enemy's chest and cupped hands to his biceps
- ☐ Face away from the side you are moving to
- ☐ Control the far side arm by reaching over it and pulling into your armpit, holding it at the elbow
- ☐ Drive the other elbow under his elbow
- ☐ Grasp him around the waist

Ground

1. Escape the Mount, Arm Trap and Roll - Must pass 7 of 8 minor tasks.

- ☐ Elbows in and on the ground
- ☐ Capture the arm
- ☐ First hand with no thumb
- ☐ Second hand with the thumb on the outside
- ☐ Capture the leg on the same side
- ☐ Knee in the butt
- ☐ Lift with the hips
- ☐ Roll over into his guard

2. Pass the Guard - Must pass 10 of 12 minor tasks.

- ☐ Assume good posture
- ☐ Control the arms at the biceps
- ☐ One leg comes up to turn the hips
- ☐ Same side hand goes through the legs, fingers first
- ☐ Place the hand on the ground and the knee on the ground and scoot away
- ☐ Step and reach
- ☐ Grasp the collar with the thumb on the inside
- ☐ Change the knees and bring the hips around to the side
- ☐ Stack him up, pushing his knee straight over his head until you break the grip of his legs
- ☐ Let his leg past your head
- ☐ Place the elbow in the elbow notch
- ☐ Place the other hand under the hips and assume a good side control position

3. Achieve the Mount from Side Control - Must pass all minor tasks

- ☐ Block the near side hip with your hand
- ☐ Sit through and place your knee against the hip
- ☐ Spread your legs to avoid being taken over backwards
- ☐ Use the hand to clear the legs
- ☐ Step over and mount

4. Escape the Mount, Shrimp to the Guard - Must pass 6 of 7 minor tasks

- ☐ You have captured your opponent's arm in an attempt to roll him. He moves his leg to avoid being rolled and creates an opening
- ☐ Uses your elbow to lift his leg, face toward the opening and move your leg under it until the knee comes out, loops over leg, and hooks that leg
- ☐ Places your weight on the foot of that leg and turn to face the other side
- ☐ Use your hands to push on the opponent's leg
- ☐ Moves your other leg under the opponent's leg and over like before
- ☐ If you foot gets caught faces away from it and moves your hips back to make space
- ☐ Places your opponent in your guard

5. Arm Push and Roll to the Rear Mount - Must pass all minor tasks

- ☐ Trap opponent arm with your chest
- ☐ Ratchet opponent onto his stomach
- ☐ Position your feet near opponent's hips
- ☐ As opponent rises to hands and knees execute the rear mount

6. Escape the Rear Mount - Must pass 7 of 8 minor tasks

- ☐ Arms beside your head and other hand in your armpit
- ☐ Opponent's hand points the way
- ☐ Fall to the side
- ☐ Scoot out to that side
- ☐ Use the ground to "scrape" him off your back
- ☐ Get the knee on the ground at his hip
- ☐ Use the foot to hook under his knee
- ☐ Roll into and gain the mount

7. Rear Naked Choke - Must pass 7 of 8 minor tasks

- ☐ Biceps against one side of the neck
- ☐ Forearm against the other side
- ☐ Shrug to synch it up
- ☐ Place the hand of the choking arm on biceps of other arm
- ☐ Hand comes behind his head as if you were combing his hair
- ☐ Tuck your head down
- ☐ Choke by expanding the chest
- ☐ Only done from the rear mount

8. Cross Collar Choke from the Mount and Guard - Must pass 8 of 9 minor tasks

- ☐ Weak hand opens the collar
- ☐ Hand goes in fingers first
- ☐ All the way behind the neck
- ☐ Second hand goes under the first
- ☐ Fingers on the inside all the way until it meets the other hand
- ☐ Turn wrists so that your palms face you
- ☐ Pull him into you
- ☐ Choke by expanding the chest and pulling the shoulders back and elbows in to your sides
- ☐ Done from either the mount or the guard

9. The Bent Arm Bar (Mount and Side Control) - Must pass all minor tasks

- ☐ You are mounted and your opponent blocks with arms parallel
- ☐ With the heel of the hands, strike the opposite arm and drive it to the ground
- ☐ Elbow in elbow notch and thumbless grip
- ☐ Other arm goes under the elbow and grasps your own wrist
- ☐ Drag like a paintbrush and raise the elbow at the same time
- ☐ Keep head down on the wrist /protect eyes

10. The Straight Arm Bar from the Mount - Must pass 8 of 9 minor tasks

- ☐ The opponent tries to defend the mount by pushing straight up against your chest
- ☐ Lean on his arms and decide which arm you want to break
- ☐ Arms go over and under the arm to be broken
- ☐ With all of your weight resting on his hands, pop up to a low squatting position
Note: must keep butt low
- ☐ Turn away from the arm to be broken and move the foot over the head
- ☐ Slide down the arm like a fireman's pole
- ☐ Pinch the arm between your legs
- ☐ Break the arm by raising the hips up against the elbow joint
- ☐ Do not cross the feet

11. The Straight Arm Bar from the Guard - Must pass 9 of 10 minor tasks

- ☐ Your opponent is in the guard and attempting a choke
- ☐ Decide which arm to break
- ☐ Grasp the arm to be broken at or above the elbow
- ☐ Place the other hand to the knee, palm up
- ☐ Relax the legs and bring them above you
- ☐ Curl your back
- ☐ Pull with the arm under his leg and spin
- ☐ Place the leg over his head
- ☐ Pull the hand from behind the knee and grasp his wrist
- ☐ Break the elbow with forward hip pressure

12. Sweep from the Attempted Straight Arm Bar - Must pass all minor tasks.

- ☐ The enemy tucks his head to avoid the arm bar
- ☐ Pull his leg close to your head
- ☐ Swing leg to gain momentum, and curl it
- ☐ Push him straight over to come up mounted

13. Scissors Sweep - Must pass all minor tasks.

- ☐ Enemy creates space when raising leg to pass guard
- ☐ Grasp opposite arm, relax guard, pivot on his thigh with your calf
- ☐ Drop opposite knee flat on ground in front of his posted knee
- ☐ Drop knee of pivot leg across enemy's waist line, hook hip with foot
- ☐ Grasp collar with free hand, pull down
- ☐ Scissors legs, end up mounted

Student Testing

Rank

Last Name

First Name

Date

Signature

Instructor Testing

Rank

Last Name

First Name

Date

Signature